# Arkansas

# Spinal Coulter Vol. 2 No. 2 A Publication of the Arkansas State Spinal Cord Commission April, 1991

# SECOND ANNUAL CONFERENCE "Living With Spinal Cord Injuries in the 90's"

The Commission's second annual conference will be held on Friday, June 14th, 1991 at the Holiday Inn West in Little Rock. Patterned after the successful 1990 conference, this year's program will offer a variety of sessions to meet the needs and interests of individuals with spinal cord disabilities, their families and health care providers.

Our keynote speaker this year will be Dr. Edgar Garcia-Rill, Professor of Anatomy at University of Arkansas for Medical Sciences. Dr. Garcia-Rill is well known nationally for his innovative research and writing on the organization of motor systems, the voluntary control of movement and locomotion and the effects of drugs and diseases on motor control. This basic science research provides the integral building blocks to spinal cord injury regeneration and restitution of function in individuals with spinal cord injuries. Dr. Garcia-Rill will discuss the steps being made toward reversing the effects of spinal cord injuries.

Dr. Garcia-Rill has traveled throughout the U.S. and the world

and published extensively on these topics. We are proud to have someone of his caliber working in our state and look forward to having an opportunity to hear about his research and ask the questions that many of us have about SCI research.

Conference brochures will be mailed for delivery by May 1, 1991. If you do not receive one or need additional copies or information, please contact the Commission office at 324-9620.

Look forward to seeing you!

## Sheila Galbraith Bronfman Appointed to Commission

Governor Bill Clinton recently appointed Sheila Galbraith Bronfman to the Spinal Cord Commission. Ms. Bronfman will fill the unexpired term of Ms. Jane Smith, who resigned in November, and will serve through January of 1993.

Ms. Bronfman brings a wealth of experience to her new position. She holds a Bachelor's degree in psychology from the University of Arkansas and a Master's of Education in Counseling (with a specialization in Spinal Cord Injury) from University of South Carolina. On staff with the Division of Rehabilitation Services when the Spinal Cord Commission was created, she was one of the first Counselors to assume a spinal cord caseload. Many Pulaski

County clients will remember her as their Case Manager in the late 70's and early 80's. An advocate for people with disabilities, Ms. Bronfman was an original member of the Board of Directors of Our Way (an independent living apartment complex for people with disabilities) and a former chair of the Arkansas Environmental Barriers Council.

Ms. Bronfman has continued her involvement in the rehabilitation field and is presently the Marketing Director for Rehabilitation Management, Inc. and the President of Creative Exchange, a marketing and political consultation firm.

A resident of Little Rock, she is married to Dr. Richard Bronfman.



Please join the Spinal Cord Commission members and staff in welcoming Sheila Bronfman to her new post.

## Arkansas Spinal Courier

Published quarterly by Arkansas State Spinal Cord Commission

Cheryl L. Vines Executive Director

Thomas L. Farley Editor

Published in cooperation with the Paralyzed Veterans of America, Spinal Cord Injury Education and Training Foundation.

# **BUCKLE UP!**

## New Medicaid Service Reimburses For Diapers and Blue Pads

Medicaid has implemented a diaper and blue pad program for all ages. Effective March 1, 1991, any individual who has Medicaid or Medicare/Medicaid coverage will be eligible for this program. This does not include individuals with Medicare only.

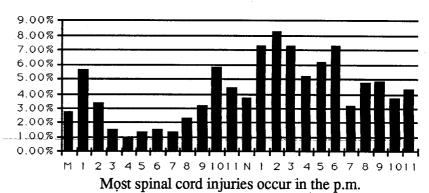
The Medicaid billing for this program will only cover prescription diapers and blue pads. Each individual must obtain a prescription from their physician with a diagnosis stated on the prescription to include urinary incontinence (i.e. urinary incontinence secondary to spina bifida or paraplegia). The total cost allowed per month may not exceed \$130.00.

Anyone who has not been contacted by ASSCC and feels they are eligible for this program needs to obtain assistance or information from their ASSCC Case Manager.

# An Overview of Spinal Cord Injury in Arkansas Part 2

In May, 1990 the Arkansas Spinal Cord Commission had an active case load of 774 spinal cord injured individuals who were Arkansas residents at the time of their injury. An analysis of this group indicates the following preliminary findings:

#### Time of Day When Injured



#### Month of Injury

Unknown

12.00%-					-					<del></del>		
10.00%-			<del></del>				-		·			
8.00%-							-				•	
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More spinal cord inuries occur in the summer months.

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Was Injury Work Relat	Etiology	White Non-				
Yes	17					
No	80	Motor Vehicle	51	37		
Unknown	3	Violence	10	38		
		Fall, jump	15	10		
If not work related then	Diving	10	2			
was activity? (N=623)	Falling object	7	7			
Leisure	65	Sports		4		
Daily Living Tasks	6		t 2 3	1		
Other	22	Other transpor	١ 2	1		
Unknown	7	Other & unk.	3	1		
Clikilowii						
<b>Industry where Injured</b>	(N=130)	Intentionality				
Construction	24	Uintentional		88		
Agriculture 15						
Service 15		Intent., self i		11		
Forestry, fishing	12	mitcht., sch i	mineted	1		
Manufacturing	10					
Transport, comm.	9	Alachal Interio		·		
Mining	á	Alcohol Intoxic	ation of Inj			
Trade	2 2	Intoxicated		23		
		Not intoxicat	ted	66		
Finance, insurance	1	Unknown		11		
Administration	1					

## 1991 ARKANSAS LEGISLATIVE UPDATE

The 78th Arkansas General Assembly is now history. It was a momentous legislative session for many reasons, but was particularly a positive one for people with spinal disabilities. Over 1,000 bills were introduced and many had an impact on people with disabilities and prevention of disabilities.

Several bills were specifically addressed to our needs and for the most part were successful. We give congratulations and thanks to the fledgling (but energetic and forceful) Arkansas Spinal Cord Injury Association, the Arkansas Disability Coalition and the many other consumer groups who made the needs and desires of people with disabilities known to the Legislature this session, maybe more vocally than ever before,

Our successes for 1991 include:

Act 414 (HB1313, Jones and Wyrick) provides an exemption from all state, local sales and use tax on physician prescribed durable and disposable medical supplies and equipment (i.e. wheelchairs, cushions, urological supplies, hospital beds) purchased by or for an individual. It will become effective July 1, 1991.

Act 656 (HB1444, Jones) revises the state handicapped parking law to conform with federal regulations. This act increases the required number of parking spaces (based on total spaces available) and allows "old" (blue) signs to legally designate spaces. Handicapped parking is limited to those with mobility limitations.

Act 562 (SB13, Miles) requires all Arkansans to utilize seatbelts in motor vehicles (over 45% of spinal cord injuries are sustained in motor vehicles and about 70% do not use seatbelts now). A \$25.00 fine will be given to those not using seatbelts when stopped for another offense. A \$5.00 rebate will be given to those using seatbelts. This law went into effect immediately.

SB500 (Chaffin) The Arkansans With Disabilities Act, patterned after the Americans With Disabilities Act was introduced late in the session to expand the scope of the ADA in Arkansas.

This bill met with opposition from the Chambers of Commerce and was referred to interim committee for study. It will be reintroduced in 1993.

# **ROLLIN RAZORBACKS NATIONAL CHAMPIONS**

March 23, 1991 was a momentous occasion in Arkansas. It was the first time the National Wheelchair Basketball Tournament was held in Arkansas and the Rollin Razorbacks were crowned National Champions! Nearly 2,000 spectators at Barton Coliseum saw the Rollin Razorbacks triumph over the Music City (Nashville, TN) Lightning 47-43. The Lightning had entered the tournament rated number 1. The 1990 National Champions, the Casa Colina Condors were soundly defeated by the Rollin Razorbacks in the semifinal round 74-46. Music City progressed to the finals over the Dallas Mavericks 62-43.

The Rollin Razorbacks, formed in 1978 had been to the Final Four twice previously, in 1988 and 1990, but this was their first National Championship. Beginning this year with the Rollin Razorbacks, the team photo of the National Wheelchair Basketball Association Champions will hang in the National Basketball Hall of Fame in Springfield, MA.

Pandemonium broke out when the final seconds ticked off and the win was assured. Friends, family and fans crowded the floor to congratulate the team and watched as each player climbed or was hoisted up the ladder to cut a strand of the net down from the basket. The game and this ceremony were broadcast tape-delayed on KATV Channel 7 on Saturday night and also nationwide on Prime network cable and the Public Broadcasting System, AETN, Channel 2 in Arkansas.

The Tournament was highlighted by many special guests including Junius Kellogg, from New York, a former Harlem Globetrotter who sustained a spinal cord injury in Arkansas in 1954. This tournament was his first trip back to the state. Senator Dale Bumpers was present to toss up the "tip off" of the championship game. Representatives and delegates from wheelchair basketball teams throughout the country were present for meetings of the national association as well as the com-

petition.

At the Awards Banquet on Saturday night the Rollin Razorbacks were honored as champions and four team members were selected to the All Tournament Team: Darren Schenenbeck, Gary Woodring, Dennis Williams and Tim Kazee. Kazee, a client of the Commission, was selected as Most Valuable Player of the Tournament and assumed his place in the record books of the NWBA as third highest scorer in a game at the national tournament, scoring 36 points in the semifinal game against Casa Colina.

The tournament was a rousing success in every way and credit goes to the Arkansas individuals and organizations who donated their time, efforts and funds to make it happen. Over 200 volunteers and 50 businesses and organizations provided their assistance. Tournament directors Harry and Cheryl Vines thank each of you for your help and support in making this the "Best Final Four yet!"

# Reflections On My Life in a Wheelchair

by Ann Works

When I was ten years old, I was hit by a car and have been a paraplegic and confined to a wheelchair ever since. I am now 44years-old. As I reach (gasp) middle age, I can see more clearly the things I should and could have done over the years to improve my physical shape now. My mother was always after me to do the things the doctors and therapists told me to do, but I rebelled, (as much as I could--some things I just had to do). These many years of wheelchair experience, however, has given me insight on the things I should have done (even though at the time I thought it was too hard or too much work).

Here are the things that hindsight has shown me that I would do differently--at least more faithfully--if I were starting today.

- (1) Do chair pushups every day. Set yourself a number you can do without fail and DO them every single day. I have started (for the umpteenth time) with at least 60 per day. Some days I have to do them in spurts but before I go to bed I get them all in.
- (2) Drink a reasonable amount of water EVERY day. I know it is awful and boring but it is still one of the very healthiest things you can do for yourself. Fighting off infections or having a blocked kidney doesn't enhance one's life. I try for six glasses a day.
- (3) Keep a pair of leg braces that fit. I have long since outgrown the ones I had years ago. Make yourself stand up for a few hours every week. I should have rigged up a set of parallel bars (I still hate the crutches) and stood up and walked up and down in them as much as possible. Instead I have let it go and have not stood up since I was in Hot Springs Rehabilitation Center in 1966-67.
- (4) I should have kept a back-

support brace and worn it at least part of the time. If nothing else, I should have slept in one. It would have made me have better posture today by keeping my backbone straighter.

(5) I should have always kept better watch on my weight. NOT that I haven't tried, but sometimes I tried harder than at others. Once the weight is on it is hard to take off and it only adds to the disability by making life harder for me.

Now, for those things that I did do - that I feel were wise choices on my part. (I haven't been a total goof-off).

- (1) As soon as I was old enough and had the opportunity I learned to drive. Later I got a car with hand controls and have been basically independent since then. It's too frustrating to depend on others all the time for all your comings and goings. Be as independent as you possibly can.
- (2) I got as much education as I had the opportunity to get. I went back to public school as soon as I was physically able after the accident. I graduated from high school and went to the Hot Springs Rehabilitation Center in the fall of 1965. There I had training in junior accounting and was later able to find employment. Later I went to the University of Central Arkansas, got my Bachelor's degree, and after graduation a job teaching. During the summers I went to graduate school at Arkansas State University and received my Master's Degree. I have taught now for 17 years.
- (3) As soon as I graduated from college, I moved out on my own, got a job, and made a home for my son and myself. I was divorced and had a four-year-old son by this time. Independent living is one of the best things a handicapped person can do for himself. I have no



regrets of moving away from home and having my own place. I raised my son until he got married last summer. He turned out to be a fine fellow, so I did something right. The point is, live in your own place if at all possible and if you think there is no way, try anyway. It will make all the difference in how you perceive yourself and how others perceive you.

- (4) I have never abused drugs or overindulged in alcohol. I feel that I am doing good to handle myself sober; if I were stoned, I would not be in any kind of control of myself. I know lots of wheelchair people who depend on drugs and/or alcohol to get by and all it does is mess them up. Don't lose the part of you that still works normally your brain. I may not be able to walk, but I am able to think and reason, to push myself, to get ready for bed and go to bed by myself. Take care of yourself as much as you possibly can.
- (5) I have learned to be independent. A person in a wheelchair should be ready to learn all the self-help and independent living skills that he can get. While at the Hot Springs Rehabilitation Center, I learned so much after I got a wheelchair with removable arms. I had never had a chair like that before. After I could take the arm off, I was able to transfer from chair to couch, chair to car, chair to commode, chair to bed, etc. I could do it without help. I felt grown-up! I learned to get in and out of the tub myself. All these

See Reflections on page 8

# WHEELCHAIR TENNIS ANYONE?

I am interested in promoting the game of wheelchair tennis in the state of Arkansas. All it takes to get started is the ability to move your chair (power or manual), a little arm strength, and determination. Tennis is a sport that does not require a "team effort." You can play with friends and family, along with those using chairs.

I would like to hear from you:

- If you use a wheelchair and are interested in learning more about the game.
- If you are a therapist and have a desire to learn more about an activity in which your patients may participate.
- If you are a family member or friend and would be interested in helping out, (chasing balls, coaching, etc.).

Please contact me at the phone number below after 3:00 p.m. If for some reason I am not home, please leave your name and number where I can reach you.

Hoping to hear from you soon! Mark Carson, Rt. 1, Box 68 B Heber Springs, Arkansas 72543 (501) 362-3917.

#### **CONSUMER ALERT**

Wheelchair users should be aware that most chairs have a lifetime warranty on the X frames. This means that if the X frame breaks, it can be replaced by the manufacturer free of charge. This warranty is voided, however, if someone, even a repair person, changes the X frame in any way. Therefore, if an X frame breaks, call your Case Manager or the vendor where the chair was purchased for a replacement. Do not weld, drill through or do anything else to the frame!

# **A Touching Moment**

Eighteen year old Doug Middlesworth is one of the speakers for the Spinal Cord Commission's Prevention Program. He travels across the state with Wendy or Kyle Sharp speaking to high school students about his injury. In each school, students listen attentively as he relates how his truck hydroplaned on wet pavement. It was April 14, 1989 and he had just passed the Arkansas River Bridge in Morrilton. "I was just 16 and had been cruising around town and was headed home. I was going too fast and I was not wearing my seat belt."

His truck flipped end over end and landed in a soybean field. Doug always tells students, "some lady ran down and helped me. I was lying on the floorboard and my back was up against the passenger side of the truck. I heard someone say, 'Don't move.' I said, 'I can't

move.' I never saw her face and I never knew her name."

On March 6, Doug began his story the same way he had many times before in the past year. On this date, he was at the Russellville Middle School Health Fair. Diane Gottsponer, a Health Educator for the Arkansas Department of Health, was also participating in the health fair. She heard Doug relating his story to some students and thought the circumstances sounded familiar. She approached him and asked his name and where he had had his accident.

When he answered, she introduced herself and told him, "I was in the car behind you." Immediately Doug realized that this was the 'nameless' woman he had never seen or met. There was a tearful reunion as they recalled the event. "She held my neck and wouldn't let them move me. I used to dream about the accident and wonder who she was. At every presentation I made, I told them this lady held my neck until the ambulance got there.

Diane said she was on her way home from work when she saw the truck flip. "It happened so quick. I ran into the field to the passenger side of the truck. The window was broken and the radio was on real loud. I said, 'Can you hear me?' and leaned inside to turn the

radio down. He said he couldn't feel his legs and I told him help was on the way. I held his neck in place and he stayed conscious. I remained until they loaded him in the ambulance."

Diane followed Doug's recovery through a coworker who attended Doug's church.

Diane remembered hearing that he was getting some movement back in his fingers. But after 6-8 months, she didn't hear anything else and thought he was okay. On March 6, she was making her way through the exhibits at the health fair when she saw the young man in the wheelchair. "It never crossed my mind that it might be Doug. I was so shocked and so glad to meet him." Doug's mother, Commission staff members and others present became teary eyed as they witnessed the reunion. Although they had never met, Doug and Diane felt a kinship that had lasted over the past two years. They agreed that their official meeting was like "meeting someone you've known for years - for the first time!"



#### **VOLUNTEERS NEEDED!**

The Spinal Cord Injury Education and Resource Center is becoming a reality! With funds provided by the Paralyzed Veterans of America Education and Training Foundation, the Commission has been working to develop a center to provide information, resources, educational materials and referral to Arkansans with spinal cord disabilities and their health care providers. Over the past eight months, Commission staffers, Loretta Decker and Brenda Mitchell, under the supervision of Project Coordinator Tom Farley, have cataloged over 750 resources and more are being acquired. All resources are being entered on a computerized database to allow easy access and response to requests.

Ultimately, the SCI Education and Resource Center, located in Suite 212 of the ASSCC Central Office, will be open daily to field questions and provide answers and information. We are presently recruiting volunteers to assist in the Center. Tasks would include: cataloging and filing resources, entering data on the computer, completing resource searches and answering phone and mail requests. Initially the Center will be open two or three afternoons per week and interested volunteers are needed to provide staffing. The major qualification is an interest in participating, but basic typing and/ or computer skills are useful. If you are interested in working in the Center one or two afternoons a week or month, please contact Cheryl Vines at 324-1624 or Tom Farley at 324-9620. The Center is scheduled to open by mid-July and orientation will begin in June.

Robert Neasley of North Little Rock, has already volunteered. In fact, he volunteered almost a year ago and has been waiting for the Center to be set up. But Robert needs help! Come learn with us.



## **B. C. Cobb Retires**

ASSCC Case Manager B. C. Cobb announced his retirement effective April 1, 1991. Mr. Cobb has been employed as Case Manager in the West Memphis office for the past four years. His dedication and untiring efforts will be missed by those individuals he served. Cards and letters have been received from individuals expressing appreciation and many best wishes.

The Division of Rehabilitation Services gave Mr. Cobb a retirement party and cookout Thursday, March 21. The Arkansas State Spinal Cord Commission plans to have a luncheon in his honor at their annual Case Manager's training session, June 12-13, 1991.

#### Camp Aldersgate Dates Set!

The dates for camp this year are June 9 - 14 for children ages 6 to 10 and June 30 - July 5 for children ages 11 to 16.

Applications have already been mailed to prospective ASSCC campers and need to be in the Commission office by May 17, 1991. If you have not received an application and you wish for your child to attend one of these camping sessions, please call Betty Massey, ASSCC Camp Coordinator at (501) 324-9624.

#### Tentative Program SCI Conference Holiday Inn West June 14, 1991

8:00-9:00	Registration
9:00-9:15	Welcome and Announcements
9:15-10:00	Keynote Address Dr. Garcia-Rill
10:00-10:15	Break
10:15-10:45	Americans With Disabilities Act Update
10:45-11:15	Urology
11:15-11:45	Prevention of Spinal Cord Injuries
11:45-1:30	Lunch with speaker
1:30-2:30	Concurrent Sessions
<ul> <li>Care</li> </ul>	n Management Giver Survival eelchair seating
2:30-2:45	Change Sessions
2:45-3:45	Concurrent Sessions
• Recr	uality/Intimacy eation/Exercise urning to Work
	* * *
Alt	ernate Track
1:30-3:45	Protocols for prevention of pressure sores
	* * *

**ADJOURNMENT** 

Special interest

groups meet

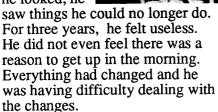
3:45-4:30

## **UNCOVERING HIDDEN TALENTS**

Leonard Underwood says that he has always enjoyed a challenge. His work as a diesel mechanic and fabricator gave him the opportunity to make things out of metal. He was also interested in woodworking, but never had the time. Eight years ago, he became paralyzed

and his whole life changed.

No longer able to walk, Leonard became depressed. He was not motivated to do anything. Everywhere he looked, he



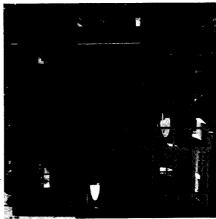
After three years, Leonard began getting outside more. He had friends visit and he began going to church. He went to the park. He had always enjoyed gardening, and decided to try gardening from a wheelchair. When he had rows plowed, he left enough space between them for his wheelchair. He realized he could use a hoe and make a garden. With each suc-

cess, he focused on another challenge.

Now that he had time, maybe he would try building with wood. He looked at pictures in magazines and catalogs and decided to try something small. One of his

first projects
was a rocking
doll bed. Being quite
pleased with
that, he was on
to bigger
things. Last
spring, he began planning
Christmas
presents. With
five grandchil-

dren, there were always ideas for building projects. Leonard attempted one of the biggest when he began building two three-story doll houses, complete with whirlpools. The miniature houses were 20 inches wide, 48 inches long and 44 inches high. Each room was carpeted and the walls papered. The double garage became his workshop and these projects required a large part of one side. Since his grandchildren lived nearby, it was necessary to have a cover handy so the houses would not be discovered. The children were curious and asked questions when they saw the large shrouded objects, but they never peeked.



The boys got large toyboxes designed with a real baseball bats on the front and drawers at the bottom. Leonard could not help but be proud of his work. He designs everything himself, often copying pictures he sees. Never one to brag, though he simply says, "Well, some things turn out better than I expected." He has regained confidence in himself and says his achievements have "made me feel like I was somebody again."

He realizes that he is the same person now that he was eight years ago. The difference is that now he is focusing on what he can do - not on what he can't do. When asked what his next project would be, he smiled and reached for a catalog. He held up a picture of a little girl's room and pointed to the bed, dresser and night stand. Without a pattern, measurements or anything else, he plans to build these for his granddaughter -- and from all evidence, he will do a fantastic job.

## Safe Grab Bars

The purpose of grab bars in bathrooms is, of course, to allow the person with a mobility impairment to move about safely. But are all grab bars safe? The answer is no. The diameter of some grab bars is too large or too small to obtain a firm grasp. The distance from the wall may be so great that a person's arm could accidentally get caught between the wall and the grab bar. If the bar is not constructed of a sturdy material, of if inappropriate fasteners are used, or if there is a lack of reinforce-

ment in the walls, then the bar could bend or be torn off the wall under the stress of a person's weight.

Individuals should consider the above when purchasing grab bars for their homes. Under the Americans with Disabilities Act, the business community will be mandated to provide bathrooms with grab bars that are safe. Proposed rules can be found in the January 22, 1991 Federal Register. The rules for grab bars and handrails state that the diameter or width of

the gripping surface shall be 1 1/4 inches to 1 1/2 inches. As for structural strength, the grab bar and its mounting must be able to withstand 250 pounds of stress. In addition, grab bars shall not rotate within their fittings.

If you would like more information or if you are having problems locating grab bars which meet these specifications, please call or write: Life Styles' ICAN Center, P. O. Box 1114, Fayetteville, AR 72702. Phone 521-3581 (voice) or 521-5415 (TDD).

## **A STRINGER OF FISHING DERBIES!**

#### APRIL 26 MacArthur Park, Little Rock

• 10:00 am - 3:00 pm

 Sponsored by the Spinal Cord Commission, Mainstream Living and the Parks and Recreation Department. All disabled persons are invited to participate.

• The Game and Fish Commission will stock the lake with 500 channel catfish.

· Lunch is provided.

• For more information, call Robbie at 324-9628.

#### MAY 18 Horseshoe Bend on Crown Lake at Fisherman's Park

• 10:00 am - 4:00 pm

 Sponsored by the Spinal Cord Commission.
 2nd Annual "Wheels and Reels" Wheelchair Fishing Derby for Region 2.

Lunch is provided.

• For more information, call Charles Crowson at 793-4153.

#### JUNE 1 MacArthur Park, Little Rock

• 8:00 am - 12 Noon

- Sponsored by Baptist Rehabilitation Institute and Little Rock Parks & Recreation.
- Chicken livers will be available for bait. Bring a cooler with ice if you plan to keep any fish you catch. Bring any food or drinks you wish to have.
- The Game and Fish Commission will be stocking the lake with 1000 pounds of catfish.
- For more information, call Mary Elliott at 223-7520.
- Persons 16 and over must have a valid fishing license. A lifetime license for disabled persons is available through the Game and Fish Commission (223-6388).

• Each person fishing must bring his own fishing gear and bait, un

less noted otherwise.

There is no fee for participation and prizes will be awarded.

# Arkansas Spinal Courier

Arkansas State Spinal Cord Commission Medical Arts Bldg., Suite 207 1120 Marshall Street Little Rock, AR 72202

#### **Commission Members:**

Grover Evans - Jonesboro Sloan Lessley - Calico Rock Russell Patton - Jonesboro (Chair) Glennis Sharp - North Little Rock Sheila Bronfman - Little Rock

#### Reflections from page 4

things give you independence in living alone.

(6) And last but not least, I try to keep a good outlook on life. I am happy and content and friendly. I don't feel that I hold a grudge against the world. I don't resent that I am in a wheelchair. That's the way it is, so I accept it and do the best I can. Naturally, I would not wish to be this way, but since I am, I have to deal with it the best way I know how.

Be thankful for what you do have left: arms, brain, lungs, eyes, ears, intelligence, heart, mind, family and friends. Lots and lots of people in similar or worse circumstances than mine have achieved far greater than I can ever think of doing. But it can be done. It's like the song says, "some days are diamond, some days are stone." Be thankful for the diamond days.

# Rehabilitation Care of Spinal Cord Injuries

Free conference for medical and rehabilitation professionals sponsored by Hot Springs Rehabilitation Center.

Friday, July 19, 1991 8:00 am to 4:30 pm

For additional information contact Robert Easter at HSRC 324-4411.

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